



Vol. 60 No. 09

Friday, February 28, 2003

What's Inside

Women's History Month



Women - Pioneering the Future is the 2003 theme for National Women's History Month. Read about the background of this annual event and why many thought it was important to lengthen the observance from one week to one month.

See page 5

Treasure Hunting in GTMO



Inside this drop box, you may find the treasure you have been seeking! Check out all the unique gems available at GTMO's thrift store, *Treasures & Trivia*. Funds generated by the store are continuously put back into the GTMO community.

See page 6

Celebrating The Lease Centennial

100 years



1903-2003

More on page 3

Force Protection

Report all suspicious activity on board GTMO to Security at 4105.

Water Conservation

FEB. 17 - 23

Used 6,929,509.0
Daily avg. 989,929.9
Daily goal 1,000,000 gal

We spent \$1,339.33 under our budget for the week.

U.S. Naval Base Guantanamo Bay

Gazette

Commander, Naval Base
CAPT Robert A. Buehn

Chief Staff Officer
CAPT Michael Fair

Command Master Chief
CMDM(SS) Al Steiner

Public Affairs Officer
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Gazette Editor
JO1 Amy Kirk

This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Gazette On-line:
www.nsgtmto.navy.mil

Seabee Ball

March 15 at the Windjammer

6pm - Cocktails 7pm Ceremony/Dinner

Uniform - Dinner Dress Whites or Better

Tickets - Civilians, O4 & above - \$20 E7-O3 - \$18 E4-E6 - \$10 E1-E3 - \$5

**For Tickets, contact - LT Lowe, 4313, JoAnn King, 5194,
Trish Loop, 4662 or Tammy Robichaux, 4125**

**Dinner includes: Chicken Cordon Bleu, Roasted Potatoes,
Southern Green Beans, Dinner Roll, House Salad, Tea & Coffee**

MARRIAGE ENRICHMENT CLASS

"BOUNDARIES IN MARRIAGE"

**Tuesday March 4th at 7pm
in Chapel Hill Fellowship Hall.**

For married and engaged base residents.

Both accompanied and unaccompanied are welcome.

For more information or to register, call Chaplain Shaw at 2323.

VEHICLE REGULATION CHANGE

Due to a recent change in base regulations, personnel will no longer be allowed to ride in the rear cargo area of pickup trucks.

This change applies to both government and privately owned vehicles.

Exceptions

Tactical and combat vehicles that are factory equipped with troop seating.

Special events - parades, etc.

The Golden Mango Casino



**Saturday,
March 1st
6:30pm at the
Windjammer**

**Grand Prize - \$300
Lots of Door Prizes!
Lots of Cash Prizes!**

**Sponsored by the OCSC.
All proceeds go toward the
OCSC Scholarship Fund.
FMI, call Randy Scott at 5444
or Kathy Basel at 2376.**

DAPA Notes

PREVENT was a GREAT success! Classes were filled with lively discussions and hopefully everyone walked out learning something new. Thanks to all those supervisors who gave up their people for the classes.

Next - Did you know that drivers 21-24 years old comprise approximately half of all the drunk drivers involved in fatal crashes and are more likely than any other age group to have been intoxicated at the time of the crash and have the highest blood alcohol concentrations (BAC's) in fatal crashes? Something to think about.

Remember the Safe Ride Program is available here. If you need a ride home, just ask the MWR Rep at the establishment where you are at for the "Safe Ride" van. They will arrange for the van to pick you up and take you home, no questions asked.

GTMO - The Grand Dame - Turns 100

Guantanamo Bay residents gathered at historic Fisherman's Point (a.k.a. - The Ferry Landing) where a monument celebrates the second voyage of Christopher Columbus in 1494 and his short visit to Guantanamo Bay. He stayed one night, taking a quick look around for signs of gold or fresh water. Finding neither in the vicinity of the point, he continued on the next day.

The U.S. military followed pretty much the same path, landing at Fisherman's Point and here we are over 100 years later.

In 1903 The United States and Cuba agreed to a lease of the property here for the purpose of establishing a Naval Supply Base and Coaling Station, signing the initial documents of the agreement in February 1903.

It didn't happen overnight and the two governments ironed out the intricate details of the lease over the next several months.

In October 1903 the last of the signatures

had been affixed to the document and in December 1903 the first lease payment was made. This chronology was presented in dramatic fashion by Dawn MacFarland's 8th grade class with a re-enactment of the lease signing, and reading of the treaty's articles. Student Abraham Munoz played the role of Cuban President Estrada Palma and Timothy Ogle played the role of U.S. President Theodore Roosevelt.

Our history now includes the 100th anniversary commemoration ceremony with Capt. Robert Buehn welcoming GTMO residents, local dignitaries, Maj. Gen. Geoffrey Miller, Brig. Gen. James Payne, and special guest and featured speaker Mr. Daniel Fisk, Deputy Asst. Secretary Bureau of Western Hemisphere Affairs of the U.S. Department of State. In his remarks, Fisk noted the changing role of Guantanamo Bay saying, "You're at the forefront of the war against global terrorism."



Dawn MacFarland's 8th grade class reenacts the base lease signing in 1903 at Friday's ceremony.

International Gourmet

Meals on Wheels Silent Auction

Saturday, March 1

10am to 2pm at the NEX Atrium

Have Dinner for 4 Delivered to Your Door!

Bidding starts at \$20.

**Menus include: Cuban, Mexican, Jamaican and more
Special - "Evening on the GTMO Queen"**

A cruise for 10 with Hors d'oeuvres and beverages.

Sponsored by Gen. Miller and Sgt. Major Nieves.

*Auction sponsored by the Third Annual GTMO Military
& Civilian Spouses Seminar. For additional information,
call JoAnn King, 2774 or Diana Schrieffer, 4620.*



NEWS BRIEFS

QOL Meeting Mar. 5

The next Quality of Life Management Board meeting is March 5, 1:30pm in Classroom B and C in Bulkeley Hall. The board and meeting are open to all interested parties - military and civilian. All Tenant Commands and Departments should have a representative present.

Forward issues to AGC(AW/SW) Valle by fax at 4683 or e-mail at weather1@usnbgmtmo.navy.mil one week before the meeting.

Tax Center Open

The Naval Base Tax Center is open in Building 760 inside the Legal Assistance Office. Hours of operation are Mondays, Wednesdays and Fridays from 9am to 5pm and Tuesdays and Thursdays from 9am to 7pm. Additionally, we plan to open on two Saturdays a month. Call 4314 to make an appointment.

Advancement Exams

The Navy-wide Advancement Exams will be held in the Windjammer on the following dates:

March 6 - E6 Exam

March 13 - E5 Exam

March 20 - E4 Exam

Personnel who have not signed their worksheets will not be allowed to take the exam.

Be at the exam site no later than 7am in the uniform of the day and have your military ID card. Doors will be secured at 7:30am. Those arriving after 7:30am will not be allowed to participate in the exam and will be ineligible to take the substitute exam.

Free ASVAB Preparation

What: Self-paced computer programs in math and English designed to help increase ASVAB scores.

Why: Increase personnel retention, meet requirements for acceptance in special schools, and career advancement.

How: No-cost TAD orders for 6 hours per day. Two weeks only. Seating is limited, call 3997 for further information or stop by the Navy College Learning Center.

When/Where: M-Th 1000-1630. Chapel Hill, Room 11.

Class Dates: Mar 3 - Mar 13;
Mar 17 - 27

W. T. Sampson
"Read Across America"
March 7, 2003

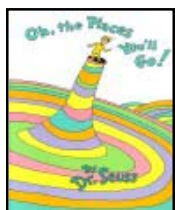


**You're never
 too old,
 too wacky,
 too wild
 to pick up a book,
 and read with a child**



TM & © 1997 Dr. Seuss Enterprises, L.P. Cat in the Hat image TM & © 1957 Dr. Seuss Enterprises, L.P. All Rights Reserved.

Volunteer Readers



We are asking all
 volunteers to pick
 up a Dr. Seuss
 book on

Thursday, March
 6 between 4 and 5pm at the
 E.S. Media Center.

If you want to volunteer to
 read, contact Ashley Salazar at
 4647.

"Operation Family Adventure" Contest Celebrates Family

By Robin A. Hillyer Miles
Navy Morale, Welfare and Recreation Public Affairs

Navy Morale, Welfare and Recreation (MWR) has developed a contest to celebrate Military Family Month. As part of MWR's Saluting Sailors and Their Families initiative, the "Operation Family Adventure" contest will give Navy families the opportunity to submit a two minute or less video of their family doing what it does best – being resourceful, using its imagination, working together as a team and having fun.

Twenty-five winning families will then attend the regional portion of the contest at one of five locations in May and June 2003. The regional portion of this contest consists of age specific outdoor activities for all family members. "Our outdoor recreation professionals are busy creating fun, interesting activities and skill tests for the families," said David Griffin, MWR outdoor recreation specialist. The top family from each region then goes on to compete in the ultimate adventure in Hawaii during Thanksgiving week 2003.

"The first order of the day is to decide what you want to do and say in your video submission," said Cheryl Anderson, MWR special events coordinator. "Write a script or 'wing it,' use props or just yourselves, let an adult narrate or allow a child to do all the talking. Whatever you wish to do as a family can be submitted. It just can't be longer than two minutes, must be on a VHS tape, and most importantly, it has to be in the judges' hands by March 14, 2003!"

More information and entry forms to be sent with your video submission are available on the Web at www.mwr.navy.mil (Saluting Sailors & Their Families link) or at your local MWR department.

The goal of Navy MWR's Saluting Sailors and Their Families initiative is to wow Sailors and their families with new and innovative programs and create MWR ambassadors.

Perhaps this year, you and your family will be celebrating Military Family Month in Hawaii – with a few days of roughing it and then a surprise ending. As Anderson said, "You'll never win if you don't enter!"



Children's Ceramic Classes

March is National Craft Month!

Celebrate with your kids at the Ceramics and Pottery Shop!

Hours

Sat., Sun., Wed. - 9am to 9pm Tues., Thurs., Fri. - noon to 9pm
 Closed on Monday. Holiday Hours - 10am to 4pm.
 Group Classes and Birthday Parties Available!
 FMI, call 4795

"Bear Tic Tac Toe Game"

March 2nd, 3 to 5pm
 Ages 10 - 12 Cost \$12

Sponge Your Own Paint Pallet & Water Cup

March 22nd, 4 to 5pm
 Ages 7 - 9 Cost \$9

"My Own Cereal Bowl"

March 22nd, 3 to 4pm
 Ages 4 - 6 Cost \$8

Colossal Cup

March 28th, 4 to 6pm
 March 30th, 1 to 3pm
 Ages 13 - 17 Cost \$21

March is Women's History Month

from the National Women's History Project

As recently as the 1970's, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness.

To address this situation, the Education Task force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978. March 8th, International Women's Day, was selected as the focal point to ensure that the events and celebration would include a multicultural perspective, recognize the connection between and among all women, and celebrate the important role of women in the paid labor force.

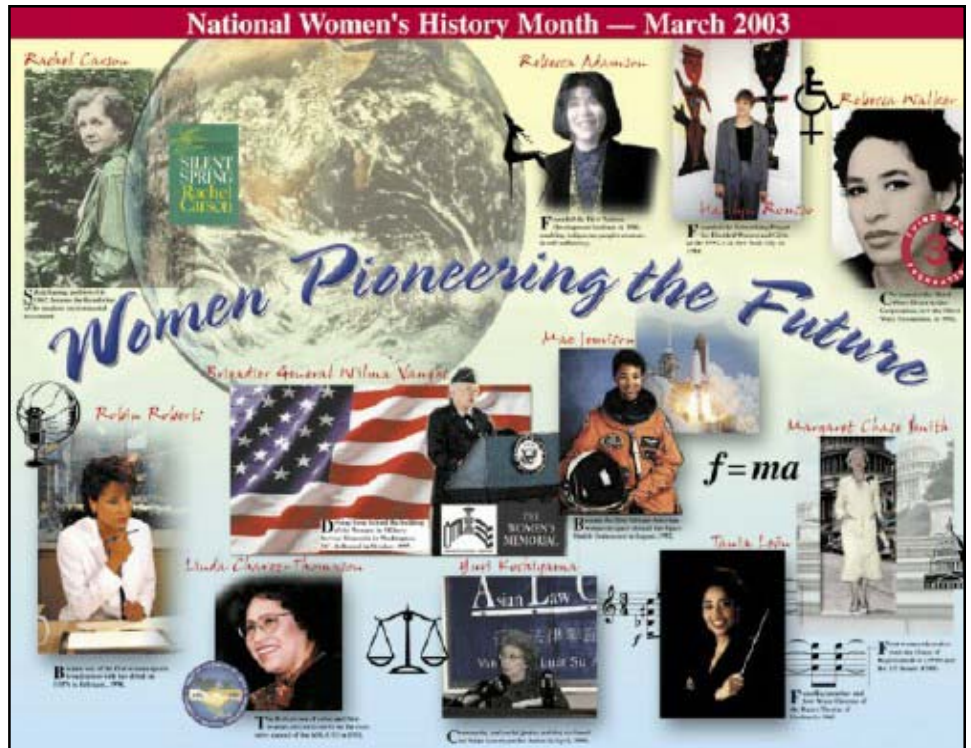
The activities and events that were held met with an overwhelmingly enthusiastic response, and within a few years, scores of area schools held programs for Women's History Week. Hundreds of women from the community participated by going into the schools as Community Resource Women, and an annual Real Woman Essay Contest drew hundred of entries, as did an annual women's history parades through the heart of downtown Santa Rosa, California.

The Week Becomes National - In 1979, Molly Murphy MacGregor, then the Director of the Sonoma County Commission on the Status of Women, was invited to a Women's History Institute at Sarah Lawrence College to discuss the importance of using Women's History Week as a focal celebration to recognize and celebrate women's historic accomplishments.

The conference was for leaders of women's and girl's organizations throughout the country. The participants decided unanimously to promote the idea of a Women's History Week within their own organizations, school districts, and states. They also agreed to work toward securing an official Congressional Resolution that would declare the week of March 8th as "National Women's History Week."

In March of 1980, President Jimmy Carter issued a Presidential Message to the American people, encouraging the recognition and celebration of women's historic accomplishments during the week of March 8th, Women's History Week. By the end of 1980, then Representative Barbara Mikulski (D-MD) and Senator Orrin Hatch (R-UT) had co-sponsored the first Joint Congressional Resolution that declared the week of March 8th in 1981 as National Women's History Week.

The National Women's History Project - In 1980, the National Women's History Project (NWHF) was founded in Santa Rosa, California, as a nonprofit corporation by Maria



Cuevas, Paula Hammett, Molly Murphy MacGregor, Bette Morgan, and Mary Ruthsdotter.

The goal was to provide a national clearinghouse for general information about women's history and for specific information about National Women's History Week celebrations. With the support and curriculum materials generated by the National Women's History Project, many state departments of education promoted programs for National Women's History Week as a means toward achieving a more balance curriculum. Maryland, Pennsylvania, New York, Alaska, and other states developed and distributed curriculum materials and program ideas to all their public schools.

Community-based women's organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week. These events were supported and encouraged by resolutions from governors, city councils, school boards, and the United States Congress.

March is National Women's History Month - In 1987, at the request of women's organizations, museums, libraries, youth leaders, and educators throughout the country, the National Women's History Project successfully petitioned Congress to expand the national celebrations to the entire month of March. A National Women's History Month Resolution was quickly approved with strong bipartisan support in both the House and Senate.

Since 1992, a Presidential Proclamation has carried the directive for what is now a major national and international celebration.

"Treasure Hunting" in GTMO

Thrift store shopping is just like treasure hunting. While sorting through the racks of clothes, rows of books or rooms of knick-knacks and furniture, you never know what gem you will unearth. This is what makes the experience so exciting – finding the unexpected and at a cheap price, too!

Inside the doors of GTMO's thrift store, Treasures & Trivia, you never know what you will find, but you can be sure of one thing. You and your money are helping GTMO become a better place to live.

Operated by the Officer and Civilian Spouses Club (OCSC), Treasures & Trivia helps put thousands of dollars back into the community. According to the club's vice president, JoAnn King, the store provides the organizations biggest source of funds. This enables them to provide funds to present scholarships, give community support in time of need and make other charitable contributions.

"We also provide contributions to all of the balls - Navy, Marine, Seabee, Fireman's," said King. "We have donated funds towards the purchase of new sports uniforms for the WT Sampson High School, and we also provide emergency funds for families in need through our community support committee. I could go on and on. It is a subject near and dear to my heart."

The store, located in between Tropical Aviation and the NEX Furniture Store, is run by manager Kay Sherwood and an all-volunteer work force. These dedicated individuals recently closed the store and did a thorough job of housecleaning, throwing out broken and unusable items and organizing the numerous books and items of clothing. Now, Sherwood and the other

volunteers hope patrons will help them keep things neat and tidy.

Sherwood and the staff accept and sort through donations of all types as long as the item is in clean and useable condition. Clothing with rips and tears or large stains shouldn't be donated. There is a drop box located right in front of the store, so items can be dropped off even when the store is closed. If you have a question regarding items that you wish to donate, call the store at 4860 during hours of operation (Mondays and Saturdays, 9am to 2pm; Wednesdays, 2 to 6pm).

Baby and children's clothing seems to be the most donated item, but the store also has a healthy supply of paper- and hardback books, women's clothing and baby furniture. The store prices are extremely reasonable and they accept both cash and checks.

Treasures & Trivia is definitely a different shopping scene than what you'll find at the Navy Exchange and the experience can be very rewarding. Go often, take your time, enjoy the hunt and enjoy the thrill of finding exactly what you really want at a price that makes sense.

The next best thing to getting something for free for a frugal person is buying it secondhand, at a fraction of retail cost. While not everything can be bought used, secondhand shopping will definitely save money.



Inside the doors of Treasures & Trivia, customers can find various unique gems, ranging from clothing to books and furniture to toys. Come shopping and find what you never knew you needed!

It all begins there at Treasures & Trivia, where someone's junk may become your next new treasure. New items arrive regularly and you may never see the same thing twice, so come often, enjoy the experience and know that your dollars are helping the community of GTMO become a better place to live!

Chapel Hill 5K Run/Walk



**Saturday,
March 1st
6am - Sign-up
at the gym
6:30am - Run/
Walk**

**Iguana Crossing opened
following the event.**

Third Annual GTMO Military & Civilian Spouses' Seminar

Lighting the Way in Guantanamo Bay

Thursday, March 20th

Register by March 8. Drop off your registration from at the Fleet & Family Support Center or in the special box at the NEX entrance.

All spouses whose sponsors are enlisted, officer, civilian or contractor personnel are invited! This one-day event is designed to equip you to successfully navigate your way through life associated with the military. Lunch and childcare are free. Need a ride? Call 4141 and you can be picked up at your door.

Controlling Anger — Before It Controls You

from the American Psychological Association

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions.

Are You Too Angry?

There are psychological tests that measure the intensity of angry feelings, how prone to anger you are, and how well you handle it. But chances are good that if you do have a problem with anger, you already know it. If you find yourself acting in ways that seem out of control and frightening, you might need help finding better ways to deal with this emotion.

Why Are Some People More Angry Than Others?

According to psychologists who specialize in anger management, some people really are more "hotheaded" than others. They get angry more easily and more intensely than the average person does. There are also those who don't show their anger in loud spectacular ways but are chronically irritable and grumpy. Easily angered people don't always curse and throw things; sometimes they withdraw socially, sulk, or get physically ill.

People who are easily angered generally have what some psychologists call a low tolerance for frustration. They can't take things in stride, and they're particularly infuriated if the situation seems somehow unjust: for example, being corrected for a minor mistake.

What makes these people this way? A number of things. One cause may be genetic or physiological: There is evidence that some children are born irritable, touchy, and easily angered, and that these signs are present from a very early age. Another may be sociocultural. Anger is often regarded as negative; we're taught that it's all right to express anxiety, depression, or other emotions but not to express anger. As a result, we don't learn how to handle it or channel it constructively.

Is It Good To "Let it All Hang Out?"

Psychologists now say that this is a dangerous myth. Some people use this theory as a license to hurt others. Research has found that "letting it rip" with anger actually escalates anger and aggression and does nothing to help you (or the person you're angry with) resolve the situation.

It's best to find out what it is that triggers your anger, and then to develop strategies to keep those triggers from tipping you over the edge.

Strategies To Keep Anger At Bay

Relaxation

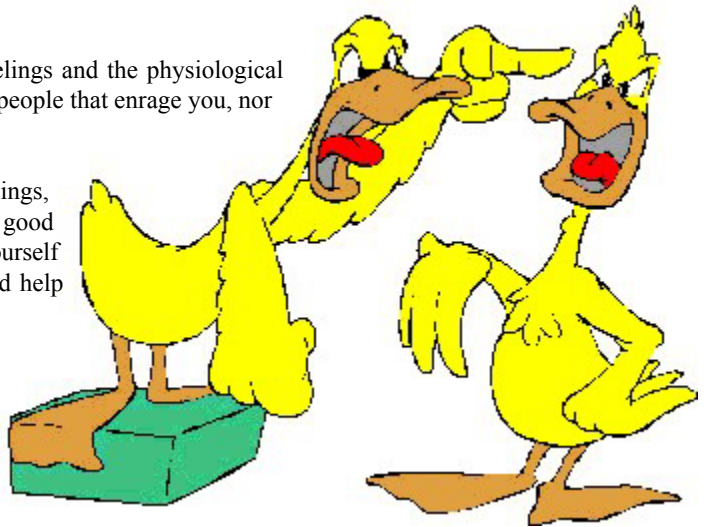
Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings.

Some simple steps you can try:

- Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."
- Slowly repeat a calm word or phrase such as "relax," "take it easy." Repeat it to yourself while breathing deeply.
- Use imagery; visualize a relaxing experience, from either your memory or your imagination.
- Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.

Cognitive Restructuring

Simply put, this means changing the way you think. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you're angry, your thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with



Anger Management Class

March 11th and 18th

Fleet and Family Support Center, 3 to 4pm

Call 4141 for more information or to sign up.

more rational ones. For instance, instead of telling yourself, "oh, it's awful, it's terrible, everything's ruined," tell yourself, "it's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to fix it anyhow." Remind yourself that getting angry is not going to fix anything, that it won't make you feel better (and may actually make you feel worse).

Better Communication

Angry people tend to jump to - and act on - conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion is slow down and think through your responses. At the same time, listen carefully to what the other person is saying and take your time before answering.

Changing Your Environment

Sometimes it's our immediate surroundings that give us cause for irritation and fury. Problems and responsibilities can weigh on you and make you feel angry at the "trap" you seem to have fallen into and all the people and things that form that trap. Give yourself a break. Make sure you have some "personal time" scheduled for times of the day that you know are particularly stressful.

Some Other Tips for Easing Up on Yourself

Timing: If you and your spouse tend to fight when you discuss things at night - perhaps you're tired, or distracted, or maybe it's just habit - try changing the times when you talk about important matters so these talks don't turn into arguments.

Avoidance: If your child's chaotic room makes you furious every time you walk by it, shut the door. Don't make yourself look at what infuriates you. Don't say, "well, my child should clean up the room so I won't have to be angry!" That's not the point. The point is to keep yourself calm.

Find alternatives: If your daily commute through traffic leaves you in a state of rage and frustration, give yourself a project - learn or map out a different route, one that's less congested or more scenic.

City Colleges of Chicago

Term IV/2002-2003 Information and Course Schedule

Placement Test - March 3 -7

Registration - March 10 - 15 from 8am to 4:30pm - Everyone is welcome. Bring completed registration forms, completed CCC Academic Policy Form, payments, and completed TA forms, if applicable.

Late Registration & Add/Drop Week - March 17 - 21

Course Schedule 17 March - Classes Begin

7 - 11 - Midterm Exams

10 May - Last Day of Class

21 March - End of Late Registration & Drop/Add

5 - 9 May - Final Exams

Tuition and Fees - Tuition is \$95 per credit hour. Therefore a 3-credit class is \$285, a 4-credit class is \$380, and a 5-credit class is \$475. A \$35 lab fee is charged for appropriate classes. All fees must be paid by bank draft, money order, VISA, or MasterCard. There is a \$25 processing fee for declined credit cards.

Tuition Assistance (Navy & Marine Corps) - Active duty members must **COMPLETE** tuition assistance paperwork **PRIOR TO** course registration. Tuition assistance will pay for 100% of tuition and fees (max of \$250.00 per semester hour) for up to 12 semester hours per fiscal year. TA forms can be picked up in the CCC office. **Please FAX your TA paperwork to Navy College Office in Kings Bay, Georgia. Fax # (912)673-3775 OR DSN: 573-3775. For information regarding off-duty Education in the Navy please contact Navy College Office in Kings Bay, GA. Phone: (912)673-2001 x4527 or 4574. Fax: (912)673-3775. DSN Prefix: 573 Email: susan.wheless@cnet.navy.mil**

Tuitions Assistance (Army) - For information regarding Army Tuition Assistance Policy please contact HQ SOUTHCOM Joint Education Services Office in Miami, Florida. Phone: (305)437-1141. Fax # (305)437-1041 OR DSN: 567-1041. **For information regarding off-duty Education in the Army please contact HQ, US Southern Command Joint Education Services Office in Miami, FL. Phone: (305)437-1141. Fax: (305)437-1041. DSN Prefix: 567.**

Available Classes for Term IV

Monday/Wednesday - 4:50 -7:20pm

ART 114 (ART 114) – APPRECIATION OF PHOTOGRAPHY 3cr (Rm 15) C. Sluka

CHEMISTRY 203 WITH LAB (CHEM 203) –GENERAL CHEMISTRY 5cr (Rm 13) G. Belleman Prerequisite: Grade C or better in Chemistry 201, or consent of department chairperson.

CRIMINAL JUSTICE 102 (CJ 102) - ADMINISTRATION OF CRIMINAL JUSTICE 3cr (Rm 14) D. Cannon

ENGLISH 101 (ENG 101) – COMPOSITION I 3cr (Rm 8) J. Stanton

HUMANITIES 202 (HUM202) – GENRAL COURSE II (Rm 16) S. Engelhart

POLITICAL SCIENCE (POL SCI 201) – THE NATIONAL GOVERNMENT 3cr (Rm 17) D. Coakley

Monday/Wednesday - 7:30 -10:00pm

BUSINESS 111 (BUS111) – INTRODUCTION TO BUSINESS 3cr (Rm 10) S. Dell

COMPUTER INFORMATION SYSTEMS 116 (CIS 116) - INTRODUCTION TO OPERATING SYSTEMS 3cr (Rm 8) D. Weber

CRIMINAL JUSTICE 234 (CJ 234) – CRIMINAL LAW AND PROCEDURE 3cr (Rm 14) D. Cannon

ENGLISH 102 (ENG 102) – COMPOSITION II 3cr (Rm 13) M. Belleman Continuation of English 101

MATHEMATICS 118 (MATH 118) - GENERAL EDUCATION MATHEMATICS 4cr (Rm 16) M. Lowe Prerequisite: Grade C or

better in Math 112, or placement test, or consent of Department Chairperson, or Intermediate Algebra certificate from Navy College Learning Center.

PSYCHOLOGY 201 (PSYC 201) - GENERAL PSYCHOLOGY 3cr (Rm 17) D. Coakley

Tuesday/Thursday - 4:50 – 7:20pm

ART 103 (ART 103) – ART APPRECIATION 3cr (Rm 10) J. Ulfers

HISTORY 111 (HIS 111) – HISTORY OF THE AMERICAN PEOPLE TO 1865 3cr (Rm 13) T. Campbell

PHILOSOPHY 106 (PHIL 106) - INTRODUCTION TO PHILOSOPHY 3cr (Rm 16) B. Kittrell

PHYSICS 231 WITH LAB (PHY 231) - GENERAL PHYSICS I: MECHANICS AND WAVE MOTION 4cr (Rm 15) S. Ericson Prerequisite: placement test, or credit or concurrent enrollment in Mathematics 141 and Physics 220, or consent of department chairperson.

SOCIAL SCIENCE 102 (SOC SCI 102) – GENERAL COURSE II - INTRODUCTION TO THE SCIENTIFIC STUDY OF SOCIETY 3cr (Rm 17) D.Coakley

SPANISH 101 (SPAN 101) - FIRST COURSE 4cr (Rm 14) C Miller

SPEECH 101 (SPCH 101) – FUNDAMENTALS OF SPEECH COMMUNICATION 3cr (Rm 8) J. Stanton

Tuesday/Thursday - 7:30 – 10:00pm

BIOLOGY 107 (BIO 107) – NUTRITION –CONSUMER EDUCATION 3cr (Rm 8) J. Bradley

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Worship Services

Catholic Mass (Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective

Prayer (Cobre Chapel)

Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100

Camp America 0900

Praise & Worship 1830

New Life (Main Chapel)

Sunday

Worship Service 1245

Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship 1800

Iglesia Ni Cristo

(Sanctuary B)

Sunday

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Divine Service 1100

Islamic Service

(Classroom 18)

Friday

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900

Bus Transportation available at 8am,

Windward Loop and 8:15am, TK.

**For information about
Sunday School,, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.**

Project A-OK Helps Your Child Make the Grade

By Kristine M. Sturkie
Navy Exchange Service Command

Could you use some help putting your child through college? Take your child's most recent report card to your nearest Navy Exchange to register for the Project A-OK program. Your child could win \$5,000, \$3,000 or \$2,000 in U.S. savings bonds, denominations at maturity.

"Since 1997, Project A-OK has been rewarding children for getting good grades in school," said Command Master Chief(SW/AW/NAC), Jerry Daniels, Navy Exchange Service Command (NEXCOM). "Project A-OK is an example of one of the many ways the Navy Exchange achieves its vision of serving the Navy through a system of quality of life programs."

Any eligible full-time student who has a B grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active-duty military members, Reservists and military retirees, including those employed by or whose spouse is employed by the Navy Exchange System. Children must be enrolled in first grade through undergraduate school. Dependent children without an individual dependent identification card must be accompanied by their sponsor to submit their entry.

Each student may enter only once each grading period and must re-enter with each qualifying report card. Drawings are held each quarter for a total of \$40,000 for the 2002/2003 school year.

To enter, stop by your Navy Exchange with your current report card and have a Navy Exchange associate verify your minimum grade average. Then fill out your entry card and obtain your A-OK ID, which entitles you to discount coupons for purchases at the Navy Exchange.



CCC Term IV Schedule, from page 8

BIOLOGY 115 WITH LAB (BIO 115) - HUMAN BIOLOGY 4cr (Rm 16)
M. Lowry

HISTORY 112 (HIS 112) - HISTORY OF AMERICAN PEOPLE FROM 1865 3cr (Rm 13) T. Campbell

LITERATURE 110 (LIT 110) - INTRODUCTION TO LITERATURE 3cr (Rm 14) M. Zapf

SOCIAL SCIENCE 101 (SOC SCI 101) - GENERAL COURSE I - INTRODUCTION TO THE SCIENTIFIC STUDY OF HUMAN BEHAVIOR 3cr (Rm 17) D. Coakley

SPANISH 103 (SPAN 103) - THIRD COURSE 4cr (Rm 15) H. Charry
Prerequisite: Placement test, or Spanish 102, or consent of department chairperson.

Saturday - 8am to 1pm

SPANISH 102 (SPAN 102) - SECOND COURSE 4cr (Rm 16) C. Miller
Prerequisite: placement test, or Spanish 101, or consent of department chairperson.

School Lunch Menu

March 3 - 7

- MONDAY -

Cheese Pizza,
Green Beans,
Carrot Sticks,
Fruit Cocktail,
Milk

- TUESDAY -

Fish Sticks,
Macaroni & Cheese,
Mixed Vegetables,
Sliced Peaches,
Milk

- WEDNESDAY -

Hot Dog w/Cheese,
French Fries,
Sweet Peas,
Fresh Fruit, Milk

- THURSDAY -

Baked Chicken,
Rice w/Vegetables,
Tossed Salad,
Fresh Fruit,
Milk

- FRIDAY -

Combination Pizza,
Carrot Sticks,
Cookies,
Sliced Peaches,
Milk

Know Your Limits

By Paul Schoenfel
Natural Resources Manager

As we work our way into 2003, it is appropriate to reprint an updated summary of COMNAVBASEGTMINST 1710.10H (The 1710). The revised 1710 establishes a closed season on Queen (Pink) Conch. **Conch season is now closed in March, April, and May Base-wide.** The closure is based on the best available data relative to conch mating cycles to ensure the successful reproduction of this important shellfish. Although divers may see conch mating at other times of the year, peak conch mating occurs when water temperatures are between 79 and 82 degrees F and again, the best available local information indicates closing the season in March, April, and May.

This is the first closed season on conch at GTMO and the actual dates may change in the future as better information becomes available.

We are also in the **closed season on lobster in the Manatee Conservation Zone/Marine Replenishment Zone**; the area from Leeward Point to Caracoles Point extending out 150 yards from the shoreline. This **closure runs from 1 Feb through 1 July. This area is also a No Wake Zone year round.**

There is also some confusion about No Wake Zones once inside the Leeward Channel. **All waters inside the Leeward Channel including Mahomilla Bay and the GTMO River are NO WAKE ZONES.** These and other No Wake Zones are clearly identified in the 1710, and it is the Skipper's responsibility to know the zones and adhere to them.

The COMNAVBASEGTMINST 1710.10H contains regulations governing recreational fishing including spearfishing and shellfishing. These regulations are designed to support a sustainable recreational fishery. There are limits on the kind of fish, the size of fish, the number of fish, and the fishing methods which are permitted. There are also closed seasons on certain species and other species are prohibited from taking year round. The 1710 also identifies areas which are off limits to recreational boating/fishing/diving. The following summarizes regulations for some of the more popular species but is not a substitute for the detail contained in the 1710:

Snook: Closed season May, June, and July;

Nassau Grouper: taking prohibited year round;

Goliath Grouper (Jewfish): taking prohibited year round;

Black & Gag Grouper: 20" minimum; 5 per person per day aggregate all species. Closed season December and January;

Grouper (All Others): 12" minimum; 5 per person per day aggregate all species. Closed season December and January;

Snapper (Lane & Mutton): Season closed May;

Snapper (Gray & Yellowtail): Season closed July;

Snapper (All Others): 10 per person per day aggregate all

Creature Feature

"Creature Features" are submitted by The Guantanamo Bay Environmental Office



species;

Lobster: Lesser of 2 per person or 8 per vessel per day; minimum 3 1/4" carapace; No egg bearing females; must be landed alive; no spear fishing; Closed Season 1 Feb - 1 Jul in Manatee Zone (Leeward Point - Caracoles Point from shoreline extending out 150 yards);

King Mackerel: 2 per person per day; minimum 20" Fork Length;

Queen (Pink) Conch: NEW REQUIREMENT - Season closed March, April and May. During open season - Minimum 9" long OR Minimum 1/8" lip thickness measured at the thinnest part; one per person per day.

People fishing, spearfishing, or shellfishing are responsible for knowing the regulations and obeying them. As with all Federal and State regulations, ignorance of the law is no excuse. The same is true at GTMO. When fishing, it is the angler's responsibility to release an unauthorized catch. When spearfishing it is the person's responsibility to positively identify the target as a legal fish before taking the shot; if the target cannot be positively identified as a legal fish then the shot shall not be taken. It is the boater's and diver's responsibility to ensure they are in authorized areas. All this information is available in the 1710. The 1710 is posted at the Dive Shop, the Reef Raiders Dive Club, the MWR Marina, and other MWR recreational facilities. The 1710 is also available on-line at the GTMO Home Page.

Recreational use of the natural resources found at GTMO is a privilege, not a right. This privilege can be lost through abuse and disregard for regulations that ensure the natural resources are available for all Base personnel and for future generations. If you see or know of a violation, report it to Security/HP at 4105 or on VHS Channel 73. Turn in poachers, they are stealing from you! Security/HP will respond to these reports and take appropriate action.

GTMO SHOPPER

FOR SALE

(1) XLarge Snorkel Combo Kit, incl: 2 x snorkles, Booties & gloves in X/L, Fins in X/L, Float vest - neon yellow. \$125 obo. FMI, e-mail: n02c1@usnbgtno.navy.mil

(1) CAPRETS - Very large beige carpet cut to fit D/R, L/R and Lanai of Paola Point or Marine Site housing, \$400. Three room-sized carpets, \$70 and \$50 each. Call 3144 AWH.

(1) ITEMS FOR SALE - Microwave stand, \$20. Panasonic Microwave, \$60. Two entertainment centers, \$50 & \$70. Computer desk, \$80. Two-drawer file cabinet, \$10. bar stools, \$5 each. Floor and table lamps, \$15 each. Blue sofa, \$40. 13" color monitor, \$25. Linen cabinet, \$15. Teledyne AR33BX floor speakers, \$100 set. Armoire, \$30. Assorted Beanie Babies. All items in very good condition. Call 3144 AWH.

(1) Two Round-trip tickets for any Lynx destination. Call 5882 or 7492.

(1) ITEMS FOR SALE - Desk/Hutch and chair set; Kid's 49er's locker; White rocking chair; 5pc bedroom set - FMI, call 5559.

(2) Five Rota 16" Rims, \$650 OBO. Also, 5 truck tires (30 x 15), best offer. Call Chris at 7859.

(2) Glass-top dining table and 6 chairs, plus slip covers. \$500. Call Kris at 7945.

(2) Phantasy Star Collection for the Gameboy Advance, \$20; 56k modem module for Handspring PDA's, \$35; Toner for HP Laserjets 5L-6L-3100-3150 models (C3906A), \$50. Contact Arnaldo DWH 4483, AWH 7138.

(2) Very large, solid oak entertainment center. Holds up to 27" TV. GC, \$125. x5666/AWH.

(3) Entertainment Center, 6'wx5'h - \$70 OBO. 50-60 Gal aquarium - \$150 OBO. Call 7001.

(3) Shoes - 2 pr ladies, size 9M, Enzo "Liberty" flats in Winter White & Bronze - Perfect Cond., worn few times, \$15 each. Call Jan at 2650.

(3) ITEMS FOR SALE - Bowling ball with carrying bag, \$30. Tennis racket, \$5. Life vest, \$5. Sleeping bag, \$8. Child's roller blades - like new, \$10. Speaker phone, \$10. Peruvian fur rug, \$10. Costa Rican hammock, \$25. Call 5623 or email dutj@yahoo.com.

VEHICLES/BOATS

(1) 1997 Chevy Blazer, 4 door, low mileage, Power Windows/Locks/

Luggage Rack/New tires/ Mechanic Owned. Great family car! \$9000. Call 7305.

(1) 1989 Pontiac Grand-Am - good condition. Asking \$2,500 OBO. Call Bennett at 4451 DWH or 7415 AWH.

WANTED

Looking for the following items to buy - Pantry Shelves, Area Rugs, Storage Cabinets. Call PO1 Malone, 5632.

Looking for anyone interested in forming a Big Brother/Mentorship Program. For more information, call PO1 Malone, 5632

Looking for a single bed - mattress and box spring - no headboard needed. Call 7452 in the evening.

318 motor and any dodge truck parts. Contact 7708/7458.

Bass player and a percussionist to assist the Camp America Choir and Praise Team. Ushers are needed as well as choir members. Contact SSG Montgomery at 8021/3202.

EMPLOYMENT

A part-time assistant needed at City Colleges of Chicago Office to provide secretarial support, register students, process paperwork, maintain filing system, etc. \$8.75 per hour/30 hours per week. Associate degree and experience are preferred. Bring resume to City Colleges of Chicago Office or call 3999.

The following positions are available at the Navy Exchange. FMI, please call Mary Beth at 4119.

Barbers and Beauticians - Part-time/Full-time - Must possess current license from any state.

Floral Display Artist - Full-time

Cashier/Cash Office - Full-time

Ocean Enterprises is looking for Full and Part time help! Dependable people with great people and sales skills. Fun and fast paced environment. Experience in Scuba a plus, but not required. Apply in store. FMI, call Jessie at 5336.

W.T. Sampson High School is accepting applications for an Avid Tutor. This position is for 3 days a week, working 2hrs each day. Call 3500 for more information.

Following are job vacancies open through the Human Resource Division. FMI, call 4822 or 4430.

Vacancies:

Contract Surveillance Representative, closes 02/28/03

Office Automation (OA) Assistant, closes 02/28/03
Office Automation (OA) Assistant, closes 02/28/03

Open Continuous Vacancies:

Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees who were recruited and are employed by MWR, NEX, Naval Station and Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National contractor employees.

Supply Technician (OA), 1st cutoff 02/27/03, closes 08/12/03

Translating Assistant, 1st cut off 02/26/03, closes 08/11/03, **This position is for males only.**

LOST & FOUND

Lost - Child's wetsuit, Parkway Titanium with blue trim, Phillips Park

Dive Pier, Sunday night, Feb 16. Cressi-Sub mask & snorkel, Leeward Hidden Beach, Sunday Feb 9. Telephone 5339. Reward.

ANNOUNCEMENTS

"Sweet Night" at the Christian Night Club - 8pm, March 1st. Bring a dish that's sweet enough to eat to Fellowship Hall on Chapel Hill. FMI, call SSG Mike Montgomery, 3202 or 8021.

Pampered Chef - Next order being placed March 5. For catalogs and order forms, call Michelle at 7511.

NEX Salon customers of Kim Dowden: I will be off-island until Feb. 28. Make appointments for the week of my return. Call 4764 or 7672.

YARD SALE

Saturday, 7am to noon at M116.

Golf Scramble at Yatera Seca Course

Saturday, March 1 at 8:30am

Donations

\$3 - members

\$5 - non-members

1st/2nd/3rd Place Awards

FMI call Danny at 5692



TOGETHER WE PREPARE

American Red Cross Upcoming Classes:

Workplace Standard First Aid - March 29

Community CPR & First Aid - April 12

CPR for the Professional Rescuer - April 26

Minimum class size is six, maximum is ten.

FMI call your Red Cross Office at 5060.

To All GTMO Residents:

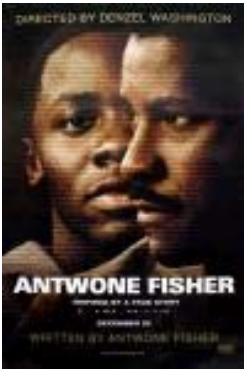
If you have large items that need to be disposed of, call PWD at 4424 to have them picked up. Don't just put them out by a dumpster!



Energy Conservation

Repaint building exteriors with light colors

ANTWONE FISHER



Drama

1hr 53min

*Stars: Derek Luke,
Joy Bryant,
Denzel Washington,
Salli Richardson*

A touching story of a sailor who, prone to violent outbursts, is sent to a naval psychiatrist for help. Refusing at first to

open up, the young man eventually breaks down and reveals a horrific childhood.

SHANGHAI KNIGHTS

**Action Adventure/
Comedy**

1hr 45min

*Stars: Jackie Chan,
Owen Wilson,
Aaron Johnson,
Fann Wong,
Donnie Yen*

After taming the Wild West in the comedy Shanghai Noon, Chon Wang and Roy O'Bannon are back in the saddle. When Chon's estranged father is mysteriously murdered, Chon and Roy make their way to London to track down the killer.



DAREDEVIL



**Science Fiction/
Fantasy**

1 hr 42min

*Stars: Ben Affleck,
Michael Clarke
Duncan,
Jennifer Garner,
Colin Farrell,
Jon Favreau*

Based on the Marvel Comics character,

Daredevil is the story of Matt Murdock, son of a boxer who gets killed by petty criminals for refusing to take a dive. This drives young Matt to fight crime, despite a childhood accident that robbed him of his sight. That same accident, however, also granted him exceptionally advanced senses of hearing, touch, taste and smell, as well as providing him with a strange sort of mental radar that helps to compensate for his lack of vision. After training hard in the martial arts, as well as excelling in law school, Murdock becomes a lawyer by day and a vigilante calling himself Daredevil by night.

Movies

FRIDAY, FEB 28

7pm Solaris
PG13 - 99min

9pm Daredevil
PG13- 103min

SATURDAY, MAR 1

7pm Drumline
PG13 - 119min

9pm Shanghai Knights
PG13 - 107min

SUNDAY, MAR 2

7pm Catch Me If You Can
PG13 - 140min

MONDAY, MAR 3

7pm Star Trek: Nemesis
PG13 - 116min

TUESDAY, MAR 4

7pm Antwone Fisher
PG13 - 113min

WEDNESDAY, MAR 5

7pm Daredevil
PG13 - 103min

9pm Shanghai Knights
PG13 - 107min

THURSDAY, MAR 6

7pm Catch Me If You Can
PG13 - 140min



Youth Baseball & Teeball Sign-up

February 14th - March 14th
Baseball season begins April 12th
Coaches needed for all age groups
FMI, call 2193

Spring Bowling League

Sign-up teams or individual participants for Spring Bowling League
FMI or to sign-up, contact the Bowling Center cashiers at 2118

Marblehead Lanes Bowling Center

New Hours of Operation
Mon - Fri
3pm to midnight
Saturday & Sunday
11am to midnight
The Rusty Anchor open daily at 11am.

Needed: Softball Umpires & Scorekeepers

Paid Position
Sign-up at the base gym
Sign-up deadline ends March 8th
Mandatory meeting 1pm, March 8th at the base gym.

Yoga Classes

Beginner's Yoga
Tuesday, Wednesday and Thursday
5:15 to 6:15pm
Power Yoga
Saturdays, 5:15 to 6:15
FMI, call 2193

Taekwando

Kids Classes
Monday - Friday, 6 to 7pm
Adult Classes
Monday - Friday, 7 to 8pm
Tuesday, Wednesday & Thursday,
8 to 9pm
FMI, call 2193

For more information on any of the events listed above, call 5225.